



DUE NOW: Monthly menus and new enrollments are due by December 5, 2016.

The tentative date for **October** claim reimbursements to be deposited or mailed is: Friday, December 2<sup>nd</sup>.

## CACFP UPDATES

***Big thanks to everyone for their patience and understanding about the September payment.***

**Reminder:** 4-C will be closed on November 24 and 25 for the Thanksgiving Holiday.

**Reminder:** If you have changed the times of day that you serve meals and snacks since your last visit with your Nutrition Specialist; please notify the office or your Nutrition Specialist directly. We need to have accurate meal and snack times in order to conduct our Home Reviews. Thanks!

### **New Meal Pattern Updates:**

- During your first visit of the new fiscal year, your Nutrition Specialist will be passing along to you some introductory information about the new meal patterns that will go into effect October 2017.
- Good News - there is one section of the new meal patterns that you are able to start right away! You can now claim infant meals when a mother breast feeds on-site. Currently you are only able to claim these meals if you are feeding the child the breastmilk from a bottle.
- We will continue to keep you updated about details of the new meal patterns as well as how to learn more about them as we know more.

### **KidKare:**

Minute Menu is pleased to announce that you will have the option of starting a FREE 30 day trial of the new accounting features in KidKare! All providers will see a new "Accounting" option on the KidKare menu bar. The accounting features include: creating invoices, emailing invoices, recurring invoices, recording expenses, vehicle mileage, time-space percentage calculation, and more! The accounting features help providers manage their business and maximize their tax return.

When providers select the accounting option in KidKare they will be prompted to start their trial and enter their credit card information. If they wish to continue using the features after 30 days, they will be billed \$8/month until the subscription is cancelled. There is not an option to pay for a year at a time anymore.

*Note: The ePay feature that allows parents to pay online is still being finalized and will be ready by the end of November, but all other features are ready.*

This is a great opportunity to try out this feature for 30 days.

*This institution is an equal opportunity provider*

### **Health & Safety Services Manager**

Brianne Heidke

### **Administrative Assistant**

Bette Miller

### **Nutrition Specialists**

Jan Howe

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**What foods are in the Grains Group?**

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. *Some examples of refined grain products* are white flour, de-germed cornmeal, white bread, and white rice.

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

**How many grain foods are needed daily?**

The amount of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts are listed in this table below. Most Americans consume enough grains, but few are whole grains. **At least half of all the grains eaten should be whole grains.**

		DAILY RECOMMENDATION*	DAILY MINIMUM AMOUNT OF WHOLE GRAINS
Children	2-3 years old	3 ounce equivalents	1 ½ ounce equivalents
	4-8 years old	5 ounce equivalents	2 ½ ounce equivalents

**What counts as an ounce-equivalent of grains?**

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce-equivalent from the Grains Group.

**Read the Label**

**Take a look at the ingredient list.** Choose products that name a whole-grain ingredient first on the list, or second after water— that means there is more of it than the other ingredients. Look for “whole wheat,” “brown rice,” “oatmeal,” “bulgur,” “buckwheat,” “whole corn,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.” For foods made of multiple grains, make sure the whole-grain ingredients appear near the beginning of the ingredient list.

**Use the Nutrition Facts label to check the fiber content of whole-grain foods.** Choose those higher in dietary fiber. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more. [http://teamnutrition.usda.gov/Resources/Nibbles/Nibbles\\_Newsletter\\_3.pdf](http://teamnutrition.usda.gov/Resources/Nibbles/Nibbles_Newsletter_3.pdf)

**TIP:** When serving oatmeal, use old-fashioned rolled oats. They do not contain as much sodium (salt), compared to instant oatmeal.

**TIP:** The color of a grain or bread product is not an indication that it is a whole-grain food. Bread can be brown because of molasses or other added ingredients. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products, and might not contain any whole grain.